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*The tiny European principality of Andorra seems to have discovered the secret of longevity. Life expectancy there, according to the World Health Organisation, is top of the global league. Paul Henley reports from Andorra:*

## COUNTING IN SPANISH

**Water aerobics** classes like this one for pensioners in one of Andorra's many **pristine** public swimming pools are free and frequent. It's normal here, high in the Pyrenees between France and Spain, to be active into old age. The average **life expectancy** is 83.5 and there are lots of people here in their late nineties.

Exercise is one reason, others are clean air, healthy **diet**, lots of **lean meat**, vegetables and olive oil and a **world class** health service. Perhaps **the secret ingredient** is low stress levels. Government spokesman Juli Minovez **puts that partly down to history**:

## MINOVEZ:

We've had 700 years of peace in Andorra, and so many years of peace, no army - it also gives a lot of **peace of mind** to people. So I think there is also a psychological factor, you know. From the moment you were born, you know you live in a country that hasn't had a conflict for seven centuries - that must be there for something.

The growing population of Andorra is quietly proud of its world-beating **longevity**.

Paul Henley, BBC News, Andorra

## Vocabulary and definitions

<b>Water aerobics</b>	exercises performed to music in a swimming pool, usually in an organised group (also known as aqua-aerobics)
<b>pristine</b>	new and in very good condition
<b>life expectancy</b>	the number of years that you can expect to live, according to statistics
<b>diet</b>	what you usually eat
<b>lean meat</b>	meat that has very little or no fat
<b>world class</b>	of excellent quality, performing to the highest of standards
<b>the secret ingredient</b>	here, the reason/factor that is not obvious
<b>puts that partly down to history</b>	says that, to a certain extent, it has a historical explanation
<b>peace of mind</b>	lack of worry and/or problems
<b>longevity</b>	long life

**More on this story:** <http://news.bbc.co.uk/2/hi/health/7240341.stm>

**Read and listen to the story and the vocabulary online:**

[http://www.bbc.co.uk/worldservice/learningenglish/newsenglish/witn/2008/10/081015\\_andorra.shtml](http://www.bbc.co.uk/worldservice/learningenglish/newsenglish/witn/2008/10/081015_andorra.shtml)